

# Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 1

Generated on: 4/23/2019 2:37:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/01/2019										
ELEMENTARY LUNCH	Total	1								
ROASTED TURKEY: VIP	2.9 OZ	1	107	47	748	0.00	*N/A*	24.04	1.34	1.34
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, TURKEY: (Custom)	1/4 Cup	1	25	0	290	0.00	*N/A*	1.0	4.0	1.0
GREEN BEANS:ELE	3/4 CUP	1	32	0	399	3.02	*N/A*	1.91	7.16	0.16
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
CHICKEN SANDWICH: SUNSET ONLY	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			1081	*92	2853	11.62	*57	75.82	141.81	27.80
% of Calories							*21.0%	28.1%	52.5%	23.1%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/02/2019										
ELEMENTARY LUNCH	Total	1								
TERIYAKI CHICKEN:ELE	2.8 OZ	1	90	40	320	0.00	*N/A*	12.0	6.0	2.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	*N/A*	3.0	24.01	2.5
NORMANDY-3/4 CUP	3/4 CUP	1	23	0	23	1.50	2	0.75	3.75	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
BUG BITES	BAG	1	120	0	1151	1.00	8	2.0	21.0	3.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1163	*137	3456	13.71	*62	65.05	146.89	33.63
% of Calories							*21.4%	22.4%	50.5%	26.0%
Nutrient Guideline			645					8.87		<=30.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 2

Generated on: 4/23/2019 2:37:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/03/2019										
ELEMENTARY LUNCH	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	616	1.99	3	1.99	11.93	1.49
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			963	*358	1943	15.75	*74	47.40	131.74	30.30
% of Calories							*30.7%	19.7%	54.7%	28.3%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/06/2019										
ELEMENTARY LUNCH	Total	1								
HAMBURGER 100% BEEF :ELE	PATTY	1	257	39	390	2.03	2	21.08	21.1	10.15
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
TATER TOTS: 1/2 CUP	8 PIECES	1	140	0	280	2.00	0	2.0	16.0	7.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			979	*74	2290	12.09	*66	53.05	122.20	29.32
% of Calories							*26.8%	21.7%	49.9%	27.0%
Nutrient Guideline			645					8.87		<=30.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 3

Generated on: 4/23/2019 2:37:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/07/2019										
ELEMENTARY LUNCH	Total	1								
SOFT FLOUR TACO: ELE	servings	1	225	49	411	2.00	0	17.01	19.0	9.5
LETTUCE & TOMATO:3/4 CUP-TACOS	3/4 CUP	1	14	0	6	1.10	2	0.95	2.86	0.09
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0.00	0	1.52	0.25	2.28
REFRIED BEANS	1/2 CUP	1	164	0	546	8.21	0	8.21	23.6	4.62
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
SWEET POTATO CAKE: NEUFCHATEL	SERVING	1	217	11	162	1.41	*26	1.56	35.9	7.97
SALSA PICANTE	1 OZ	1	9	0	133	0.89	0	0.89	1.77	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1274	*101	2463	23.71	*81	61.33	161.86	42.74
% of Calories							*25.3%	19.3%	50.8%	30.2%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/08/2019										
ELEMENTARY LUNCH	Total	1								
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0	12.0	11.0	13.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	0.00	*N/A*	0.95	4.76	0.48
CORN :ELE	3/4 CUP	1	79	0	13	2.65	9	2.65	11.91	1.98
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			895	*56	1685	9.24	*64	47.47	123.98	24.26
% of Calories							*28.5%	21.2%	55.4%	24.4%
Nutrient Guideline			645					8.87		<=30.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 4

Generated on: 4/23/2019 2:37:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/09/2019										
ELEMENTARY LUNCH	Total	1								
THAI CHILI CHICKEN-2.80 OZ	2.8 OZ	1	128	54	344	0.00	11	11.0	12.0	3.0
VEGETABLE BROWN RICE:ELE	4.75 OZ	1	130	0	580	2.00	*N/A*	3.0	24.01	2.5
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	17	1.11	2	0.55	3.32	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
SCOOPY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	*N/A*	2.0	21.0	3.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SMACKERS: SUNSET ONLY	4.3 OZ SERVI NG	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1198	*151	2438	13.31	*65	63.85	152.45	34.63
% of Calories							*21.6%	21.3%	50.9%	26.0%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/10/2019										
ELEMENTARY LUNCH	Total	1								
5" ROUND PEPPERONI PIZZA	PIZZA	1	339	40	669	3.00	4	18.97	30.94	15.97
5" ROUND CHEESE PIZZA	PIZZA	1	330	35	590	3.00	4	18.99	30.98	13.99
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
FROZEN JUICE CUPS	1 EACH	1	70	0	7	3.00	16	0.0	19.0	0.0
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1273	*110	2035	16.76	*76	67.36	154.74	41.78
% of Calories							*23.8%	21.2%	48.6%	29.5%
Nutrient Guideline			645					8.87		<=30.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 5

Generated on: 4/23/2019 2:37:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/13/2019										
ELEMENTARY LUNCH	Total	1								
HOT DOG W/ BUN	1 EACH	1	220	55	450	2.00	2	13.0	22.0	10.5
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0	2.0	22.0	5.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MUSTARD:, P/C	1 Each	1	3	0	63	0.22	0	0.22	0.33	0.0
RELISH- DILL PICKLE	SERVING	1	0	0	45	0.00	0	0.0	0.0	0.0
BROWNIE CUP, WG:FR016	BROWNIE	1	146	1	72	2.00	14	1.5	26.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1070	*91	2141	13.03	*77	45.56	151.43	31.59
% of Calories							*28.8%	17.0%	56.6%	26.6%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/14/2019										
ELEMENTARY LUNCH	Total	1								
CHILI	3/4 CUP	1	159	24	294	6.63	*N/A*	12.34	19.1	3.25
CHEDDAR/ JACK FANCY SHRED.25OZ	.25 OZ	1	28	6	43	0.00	0	1.52	0.25	2.28
CARROT & CELERY STICKS:ELE	3/4 CUP	1	153	22	369	3.05	*1	1.04	8.53	10.67
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 2 TUESDAY (ELE)	1/2 CUP	1	245	20	729	7.51	*1	5.33	16.18	15.48
CINNAMON ROLL W. W.W. BRIDGFOR	ROLL	1	210	0	250	3.99	8	5.99	34.94	4.99
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1168	*88	2117	23.78	*61	52.09	141.29	39.46
% of Calories							*21.0%	17.8%	48.4%	30.4%
Nutrient Guideline			645					8.87		<=30.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 6

Generated on: 4/23/2019 2:37:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Wed - 05/15/2019										
ELEMENTARY LUNCH	Total	1								
WG BREADED 8 PIECE CHICKEN	PIECE	1	215	41	591	1.00	0	12.0	11.0	13.0
MASHED POTATOES,from Dry mix,P	1/2 CUP	1	80	0	314	1.00	1	2.0	17.03	1.0
GRAVY, CHICKEN: LOW SODIUM	1/4 CUP	1	24	0	135	0.00	*N/A*	0.95	4.76	0.48
CORN :ELE	3/4 CUP	1	79	0	13	2.65	9	2.65	11.91	1.98
WG DINNER ROLL	ROLL	1	90	0	160	2.00	2	4.0	17.0	1.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
MARGARINE REDDIES: (1)	1 Patty	1	35	0	40	0.00	*N/A*	0.0	0.0	4.0
Weighted Daily Average			895	*56	1685	9.24	*64	47.47	123.98	24.26
% of Calories							*28.5%	21.2%	55.4%	24.4%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Thu - 05/16/2019										
ELEMENTARY LUNCH	Total	1								
LEMON CHICKEN- 2.94 OZ	2.94 OZ	1	120	41	173	0.75	9	10.53	15.04	2.26
VEGETABLE HARVEST RICE PILAF:E	3/4 CUP	1	130	0	581	2.00	*0	3.0	24.01	2.5
NORTHWEST BLEND VEGETABLE:ELE	3/4 CUP	1	19	0	17	1.11	2	0.55	3.32	0.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: 3 THURSDAY'S:ELE	1/2 CUP	1	151	20	340	3.52	*0	2.83	9.16	9.4
COOKIE: FORTUNE COOKIE	COOKIE	1	32	0	11	0.15	*N/A*	0.0	6.97	0.2
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
SMACKERS: SUNSET ONLY	4.3 OZ SERVING	1	278	62	610	3.10	0	18.6	20.67	13.44
Weighted Daily Average			1103	*138	2163	13.22	*63	61.38	141.46	30.59
% of Calories							*22.8%	22.3%	51.3%	25.0%
Nutrient Guideline			645					8.87		<=30.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 7

Generated on: 4/23/2019 2:37:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Fri - 05/17/2019										
ELEMENTARY LUNCH	Total	1								
WG PEPPERONI PIZZA RIPPERS	SERVING	1	290	25	550	3.00	3	16.0	27.0	17.0
MARINARA SAUCE: ELE	1/2 CUP	1	70	298	616	1.99	3	1.99	11.93	1.49
DINNER SALAD	1 CUP	1	62	0	87	5.17	*0	3.55	11.53	0.02
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	14	0.69	18.21	0.21
LEFLEUR'S LITE RANCH- ELE.	CONTAINER	1	100	20	250	0.00	0	0.0	0.0	9.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			891	358	1934	13.49	*62	47.22	112.66	30.22
% of Calories							*27.9%	21.2%	50.6%	30.5%
Nutrient Guideline			645					8.87		<=30.0

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Mon - 05/20/2019										
ELEMENTARY LUNCH	Total	1								
TERIYAKI BEEF NUGGETS: (Elem.)	4 Nugget	1	160	40	440	1.00	4	14.0	6.0	8.0
FRENCH FRIES-3/4 CUP	3/4 CUP	1	167	0	349	3.03	0	3.03	25.79	5.31
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	14	0.69	18.21	0.21
SCOOBY-DOO GRAHAM CRACKER STIC	BAG	1	120	0	115	1.00	*N/A*	2.0	21.0	3.5
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			817	55	1335	8.37	*60	44.72	115.00	19.52
% of Calories							*29.4%	21.9%	56.3%	21.5%
Nutrient Guideline			645					8.87		<=30.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 8

Generated on: 4/23/2019 2:37:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Tue - 05/21/2019										
ELEMENTARY LUNCH	Total	1								
POPCORN CHICKEN - GOLD KIST	SERVING	1	293	81	487	3.00	0	18.0	17.0	17.0
FRENCH FRIES- S.S. 1/2 CUP	3 OZ	1	140	0	300	2.00	0	2.0	22.0	5.0
FRUIT BAR :SPRING (ELE)	1/2 CUP	1	72	*0	2	2.59	*10	0.87	18.29	0.3
SALAD BAR: MONDAYS:ELE	1/2 CUP	1	157	20	383	4.21	*1	2.98	10.48	9.29
PUDDING,CHOICE	SERVING	1	115	0	133	0.50	15	1.0	20.5	3.0
BARBAQUE SAUCE: P/C	1 Each	1	50	0	430	0.00	*N/A*	0.0	13.0	0.0
KETCHUP : P/C	PC	1	31	0	396	0.00	8	0.0	8.34	0.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			1158	*116	2561	12.31	*76	49.84	153.60	37.09
% of Calories							*26.2%	17.2%	53.0%	28.8%
Nutrient Guideline			645					8.87		<=30.0

Wed - 05/22/2019										
ELEMENTARY LUNCH	Total	1								
CHICKEN BREAST PATTIE SAND: EL	1 each	1	340	30	470	3.00	2	17.0	33.0	16.51
SHREDDED LETTUCE & TOMATO-DELI	1/2 CUP	1	13	0	6	1.04	2	0.91	2.67	0.08
BAKED BEANS:ELE	3/4 CUP	1	150	0	613	3.97	*21	4.83	36.04	0.38
APPLE OR ORANGE	1 EACH	1	70	0	1	3.34	14	0.69	18.21	0.21
PICKLE:, CHIPS	1 OZ.	1	5	0	340	0.00	1	0.0	1.0	0.0
LIGHT MAYONNAISE	POUCH	1	40	5	85	0.00	0	0.0	0.0	4.0
MILK : CHOCOLATE MILK FAT FREE	CARTON	1	120	5	180	0.00	18	8.0	20.0	0.0
MILK 1% WHITE	CARTON	1	100	10	125	0.00	12	8.0	12.0	2.5
MILK FAT FREE WHITE	CARTON	1	80	0	125	0.00	12	9.0	12.0	0.0
Weighted Daily Average			917	50	1945	11.35	*82	48.43	134.92	23.68
% of Calories							*35.7%	21.1%	58.8%	23.2%
Nutrient Guideline			645					8.87		<=30.0

Thu - 05/23/2019										
ELEMENTARY LUNCH	Total	1								
Cooks Choice Entree	1each	1	0	0	0	0.00	0	0.0	0.0	0.0

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Washington County School District

May 1, 2019 thru May 23, 2019

Base Menu Spreadsheet

ELEMENTARY LUNCH

Portion Values - Detailed

Page 9

Generated on: 4/23/2019 2:37:41 PM

	Portion Size	Reimb Qty	Cals (kcal)	Cholst (mg)	Sodm (mg)	Fiber (g)	Sugars (g)	Protn (g)	Carb (g)	T-Fat (g)
Weighted Daily Average			0	0	0	0.00	0	0.00	0.00	0.00
% of Calories							0.0%	0.0%	0.0%	0.0%
Nutrient Guideline			645					8.87		<=30.0

Weighted Average			1053	*127	2190	13.81	*68 *58.1%	54.88 20.8%	138.13 52.5%	31.30 26.8%
------------------	--	--	------	------	------	-------	---------------	----------------	-----------------	----------------

Nutrient	Menu AVG	% of Cals	Weekly Target	% of Target	Miss Data	Shortfall	Overage	Error Messages (if any)
Calories	1053		645	163%				
Cholesterol (mg)	127				Missing			
Sodium 1 (mg)	2190						2190	
Sodium 2 (mg)	2190						2190	
Fiber (g)	13.81							
Sugars (g)	68	25.84%			Missing			
Protein (g)	54.88	20.85%	8.87	619%				
Carbohydrate (g)	138.13	52.48%						
Total Fat (g)	31.30	26.76%	<=30.00%					

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient  
 \* - denotes combined nutrient totals with either missing or incomplete nutrient data  
 1 - Trans Fat value is provided for informational purposes only, not for monitoring purposes.

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.